

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			2/1 <u>BBQ Pulled Pork/Roll</u> Sweet Potato Fries Cauliflower w/Cheese Sauce Fruited Yogurt	2/2 <u>Baked Fish Scandia</u> Rice Pilaf Harvard Beets WW Dinner Roll Assorted Dessert
2/5 <u>Beef Pepper Steak</u> Over Brown Rice Steamed Carrots Homemade Cookie	2/6 <u>Maple Garlic Pork Loin</u> Capri Blend Vegetables Mashed Potatoes/Gravy Assorted Muffin Fruited Jello w/ Topping	2/7 <u>Chicken ala King</u> over Egg Noodles Steamed Spinach WW Dinner Roll Homemade Cream Pie	2/8 <u>Salisbury Steak</u> w/gravy Mashed Potatoes Country Style Biscuit Diced Beets Pineapple Tidbits	2/9 Chef's Choice
2/1 <u>Cheeseburger on Bun</u> Lettuce/Tomato Brussel Sprouts Sweet Potato Fries Assorted Dessert	2/13 <u>Turkey Dinner</u> Mashed Potatoes/Gravy Stuffing Cranberry Sauce Green Beans Fruit Crisp w/Topping	2/14 <u>Fish Florentine</u> Creamy Mushroom Brown Rice Yellow Sweet Corn w/Red Peppers Chocolate Mousse	2/15 <u>Pennsylvania Dutch Casserole</u> Mixed Vegetables Cornbread Muffin Cinnamon Sliced Apples	2/16 <u>Baked Ziti</u> w/Marinara Sauce Italian Blend Veggies Tossed Salad Garlic Knot Ice Cream
2/19 PRESIDENT'S DAY All county offices CLOSED for the holiday. Use frozen meal.	2/20 <u>Southern BBQ Chicken</u> Sweet Mashed Potatoes Broccoli Mandarin Orange Fluff	2/21 <u>Irish Beef Stew</u> Country Style Biscuit Beets Pudding Parfait	2/22 Chef's Choice	2/23 <u>Macaroni and Cheese</u> Stewed Tomatoes Asst Muffin Fresh Fruit in Season
2/26 <u>Sweet-n-Sour Pork</u> over Brown Rice Oriental Veggies WW Dinner Roll Fruit Cocktail	2/27 <u>Chicken Pot Pie</u> Casserole Buttered Beets Peaches and Cream	2/28 <u>Au gratin</u> Potatoes and Ham Buttered Peas Banana Muffin Spiced Pears	2/29 <u>Pasta with Meat Sauce</u> Green & Yellow Beans Tossed Salad Italian Bread Ice Cream	3/1 <u>Tuna Salad Cold</u> Plate Over Lettuce Leaf Tomato Slices WW Bread 3-Bean Salad Pasta Salad Frosted Cake

All meals are served with beverage and bread or dinner roll

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM *Louie Budzinski* 2/1/24

Nutrition Centers Located in Brasher, Canton, Gouverneur, Morristown, and Potsdam

Suggested Contribution: \$3.00 (age60+) Guest Fee \$5.—(Under 60) No eligible client will be turned away due to the inability or unwillingness to contribute.

MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE. For more information contact NY Connects (315-386-4730)